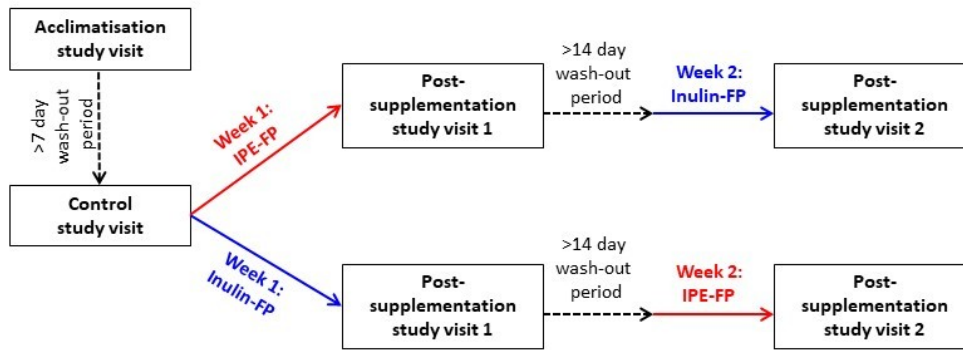


Table S1. Nutritional information of unsupplemented food products prior to the addition of 10 g inulin or 10 g IPE ¹.

| | Unit | Bread Roll | | Fruit smoothie | | Total ² |
|--------------------|------|------------|------------------|----------------|-------------------|--------------------|
| | | per 100 g | Per 77 g portion | per 100 g | per 250 g portion | per day |
| Energy | KJ | 1348 | 1032 | 235 | 589 | 1621 |
| | kcal | 317 | 243 | 55 | 138 | 381 |
| Fat | g | 4.3 | 3.3 | 0.2 | 0.5 | 3.8 |
| of which saturates | g | 0.8 | 0.6 | 0.1 | 0.1 | 0.7 |
| Carbohydrate | g | 66.1 | 50.6 | 13.2 | 33 | 83.6 |
| of which sugars | g | 4.6 | 3.5 | 12.3 | 30.8 | 34.3 |
| Fibre | g | 3.5 | 2.7 | 1.3 | 3.2 | 5.9 |
| Protein | g | 7.6 | 5.8 | 1 | 2.4 | 8.2 |
| Salt | g | 1.433 | 1.097 | 0.002 | 0.005 | 1.102 |

¹as assessed using Dietplan 6; ²Total when one portion of bread roll and fruit smoothie eaten per day. All food products were identical prior to the addition of 10 g inulin or 10 g IPE; Abbreviations: IPE, inulin-propionate ester.

Study Design



Study Visit Protocol

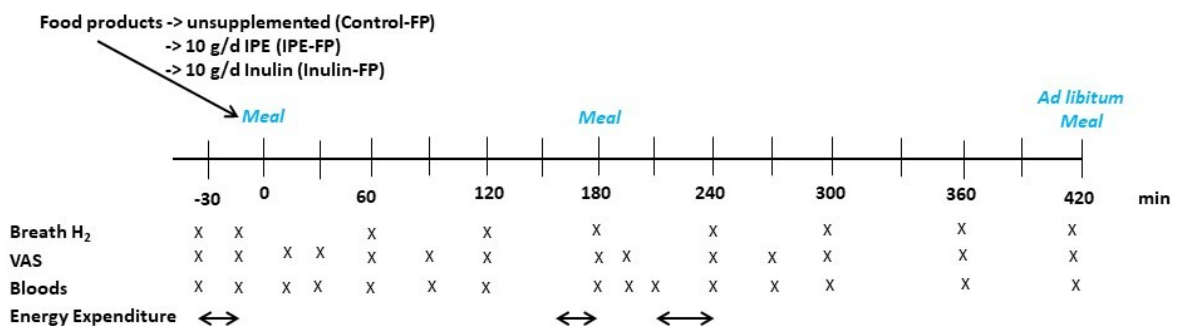


Figure S1. Study overview. Breath H₂, VAS, energy expenditure measurements and blood samples were collected as indicated. Abbreviations: FP, food products; IPE, inulin-propionate ester; VAS, visual analogue scale.

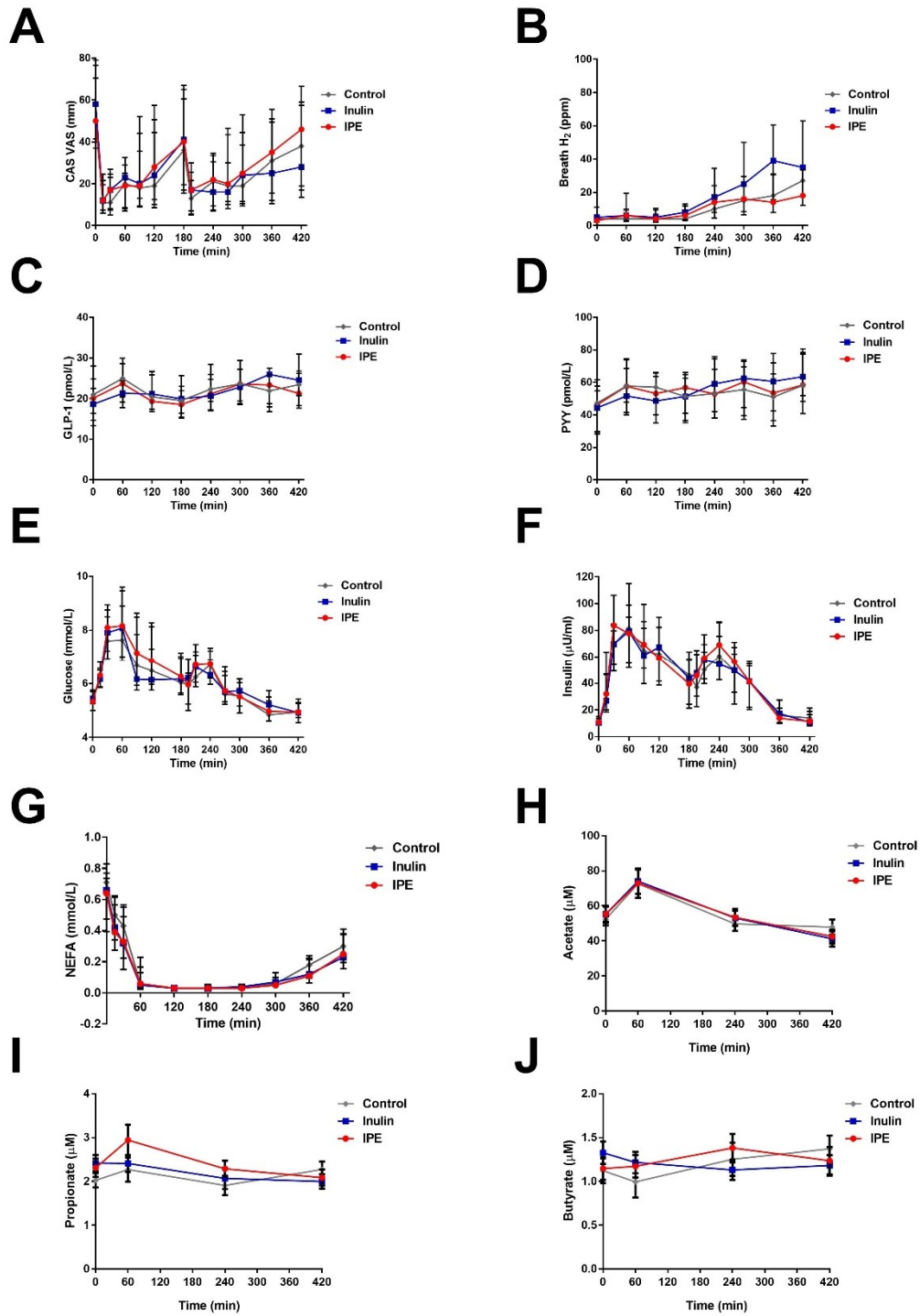


Figure S2. Timecourse data for breath H₂, blood hormones and metabolites following a seven-day supplementation with inulin-FP or IPE-FP compared to control-FP. Data are presented as median [IQR]. Data represent n=21. Abbreviations: CAS, composite appetite score; FP, food products; GLP-1, glucagon-like peptide-1; IPE, inulin-propionate ester; PYY, peptide YY; VAS, visual analogue scale.